

Resources

The Healthy Families Program

The Healthy Families Program provides low-cost health, dental and vision coverage to children who do not qualify for no-cost Medi-Cal and do not have private insurance. Molina Healthcare is a health plan participating in the Healthy Families Program.

Your child's health is important.

But sometimes it's hard to know what health plan you can afford and if your child is eligible.

The Healthy Families Program was created to give quality healthcare to children. Your immigration status as a parent does not matter. The program is based on your family size and income.

How do I apply for my child?

Call Molina at 1-800-643-7276 with questions or to request an application. For information from the Healthy Families Program, call **1-800-880-5305**.



Child Health & Disability Prevention (CHDP) Program

Take your Child for a FREE Health Check-up!

All babies, kids, and teens need to visit a doctor to stay healthy!

Children without health insurance, or on Medi-Cal may qualify.

For more information about our services or to schedule an appointment call:

1- 800- 722-3777



WIC
WOMEN • INFANTS • CHILDREN

WIC is a special supplemental nutrition program for pregnant, breastfeeding and postpartum women, infants and children up to the age of five who are San Bernardino County residents.

For more information call:
(909) 387-8301 or (800) 472-2321.



The Food Stamp Program

provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact
(909) 386-9502, 1-800-952-5253
or visit the website: **www.fns.usda.gov**



EAT 5 A DAY
for better health
AND BE ACTIVE

www.ca5aday.com
1-888-EAT-FIVE



FAME Staff Contacts

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A message from the Nutrition Program, Department of Public Health, Human Services System, County of San Bernardino and the California Department of Health Services' Nutrition Network; funded by the USDA's Food Stamp Program, an equal opportunity provider.

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FAME

Families of African American Ancestry Manifesting Our Excellence

A Big Step in the Right Direction

It's fun. It's educational. It's active. It's rhythm. It's soul. It's for everyone!

OK...but what is it, you might ask. The **FAME** Project is a new program for youth that promotes healthful living.

It combines nutrition education with physical activity to teach nutrition through dance at local housing and community centers. Dance is deep in our culture. It brings us together and it's fun.

FAME is truly a step in the right direction. There has been so much talk about the harmful effects of obesity, high blood pressure, heart disease, diabetes and cancer in our community and not enough talk about what we can do and what we are doing to tackle these issues. Well, **FAME** is doing something and you can be involved! Encourage youth to participate in the



Daina Decker and daughter Melody enjoying the nutrition and African Dance Family Class.

Tuesday - Adult & Family Class - 7:00 to 8:15 PM

Arts on 5th - CSUSB Coyote Conservatory
(Adult/Family Class)
468 5th Street, San Bernardino

program. Be a role model for our youth by showing them healthy behaviors through activity and nutrition.

It's a New Year and a time of new beginnings. Join the **FAME** team at local community sites and take that step toward having more energy and joy for yourself and your family. See you there!

Keeping the CULTURE to Shape Our Future!

Dance is one of the first forms of communication. It helps to retain culture by encouraging and sharing group activity.

The San Bernardino community youth identified Traditional African Dance as a fun skill to learn.

Traditional African Dance promotes fitness of continuous aerobic movement spiked with bursts of energy. Dance is a fun way to prevent obesity and high blood pressure, two of the major health problems identified in the Black community



Chahn Chess, Health Educator/Dance Instructor

of San Bernardino and Rialto. African Dance stimulates us to learn as well as express ourselves. It is in this pleasurable experience which increases self awareness, self-esteem, creativity, and discipline where health enhancement also occurs.

Using dance as a "voice" is right in line with today's music. Dance is a generally accepted way of delivering social messages within the African American community.

It is because of this that we felt it was only natural to use dance as a way of fighting obesity and to bridge the gap, connecting our past with the present as we forge forward shaping our future.

MISSION STATEMENT

"The **FAME** Project seeks to improve the health of African-Americans in San Bernardino County through African dance and nutrition awareness."



Youth Views on Nutrition and Physical Activity

Youth at Waterman Gardens Community Center shared ideas and opinions on nutrition and physical activity with our team in November 2002.

Here's what they said:

Question: When you're at school are there lots of fruits and vegetables?	Question: What are advantages to eating nutritious versus non-nutritious foods?
Answer: Yes, like nachos and pickles.	Answer: It keeps you away from the doctor and the dentist.
Question: Why is nutrition important to you?	Question: Is physical activity important to you?
Answers: It gives you more energy. It's good to eat. Nutritious foods keep you healthy.	Answers: If you're big, exercise will help you lose weight. It helps you get good grades. If you're big and run, you won't get tired easy; so you won't be out of shape.
Question: Do you think there are benefits to doing physical activity?	Question: What types of things do each of you do?
Answers: Helps you stay away from the doctor. Helps you to be strong. Helps you to be in shape.	Answers: Running, soccer, basketball, cheerleading, kickball, tetherball, push-ups, jumping jacks, drill team.

FAME TEAM will be teaching African American Dance and Nutrition January through September 2003 at the following locations:

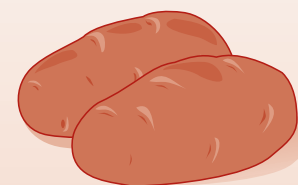
Monday - Youth Class 4:00 to 5:15 PM	Waterman Gardens Kids Club 402 Alder Street, San Bernardino
Tuesday - Youth Class 5:00 to 6:00 PM	Delmann Heights Community Center 2969 North Flores, San Bernardino
Tuesday - Adult and Family Class 7:00 to 8:15 PM	Arts on 5th – CSUSB Coyote Conservatory (Adult/Family Class) 468 5th Street, San Bernardino
Wednesday - Youth Class	To be announced.
Thursday - Youth Class	To be announced.
Friday - Youth Class 4:30 to 5:15 PM	Johnson Hall Kid's Club/Teen Center 906 Wilson Street, San Bernardino

Recipes

Green Beans and Potatoes Serves 4

Ingredients:

16 oz (1 pound) frozen string beans
4 white potatoes, peeled and cut into bite size pieces
1 onion, chopped
½ teaspoon salt
½ teaspoon black pepper
14 ounces chicken broth*
1 tablespoon margarine



Michael Hall at Waterman Gardens Kid's Club has "kid tested and approved" this recipe.

Directions:

Place chopped onion, potatoes and string beans in a saucepan. Do not stir. Add salt, pepper, chicken broth and margarine. Cover pan and simmer over medium heat for 20 minutes. Each serving is 1 cup.

Nutrition Facts Per Serving :

Calories 163 Cholesterol 3 mg
Fat 4 g Sodium 769 mg*

*Substituting Reduced Sodium or Sodium Free Chicken broth will decrease sodium content

Recipe Source: Soulfood.com

Peach Crisp Serves 8

Ingredients:

For the Fruit Filling

4 cups peaches,
fresh or canned (drained)*
½ cup sugar
2 ½ teaspoons cornstarch
1 tablespoon vanilla



For the Topping

1 cup flour
½ cup brown sugar
⅓ cup soft margarine
1 tablespoon ground cinnamon
1 tablespoon lemon peel,
finely grated

Directions:

Preheat oven to 350°. Prepare the filling. In a mixing bowl combine fruit, sugar, cornstarch and vanilla. Pour into an 8" square baking dish that is coated with non-stick cooking spray. Prepare the topping. Mix together flour, brown sugar, margarine, cinnamon, and lemon peel until mixture is crumbly. Spread over fruit mixture. Bake for 45 minutes or until golden brown. Serve warm.

Nutrition Facts Per Serving:

Calories 304 Cholesterol 0 mg
Fat 10 g Sodium 133 mg

*The peaches in this crisp can be substituted with fresh, frozen or canned fruit of your choice.

Recipe Source: San Diego Nutrition Network, courtesy of Chef Benito Cruz



Kendra Simmons of Waterman Gardens Kid's Club says "I like peaches!"